



SALEM SOWDESWARI COLLEGE (FOR WOMEN)

SALEM - 636010

YOGA CLUB 2023-2024

COMMITTEE MEMBERS:

Dr. T.Poongodi	- Chairman
Dr. C. Sengottuvel	- Coordinator
Dr. P. Umaswarupa	- Member

SFCW

Mr. S. Kumar	- Overall Incharge
Mr. C. Thirunavukarasu	- Member

MAINTAINING REPORT:

Dr. C. Sengottuvel

OBJECTIVE:

1. To enable the students to have good health
2. To practice mental hygiene and cognition
3. To possess emotional stability
4. To integrate moral values
5. To attain a higher level of consciousness of yoga education



SALEM SOWDESWARI COLLEGE (FOR WOMEN)

SALEM - 636010

YOGA CLUB 2023-2024

INDEX

S.No	DATE	ACTIVITIES 2023_2024	Pg.No.
1	21.06.2023	INTERNATIONAL YOGA DAY	3
2	20.02.2024	Kayakalpa Yoga	10



SALEM SOWDESWARI COLLEGE (FOR WOMEN)



SALEM - 636010

YOGA CLUB 2023-2024


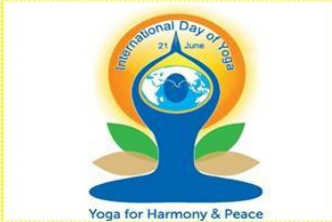

EVENT No. 1 : INTERNATIONAL YOGA DAY

DATE: 21.06.2023

Venue: Dr. J.K.K. Angappa Chettiar Memorial Auditorium



SALEM SOWDESWARI COLLEGE
(FOR WOMEN)
(Affiliated to Periyar University), Salem-636010.



YOGA CLUB, NSS, YRC & RRC
Cordially invites you to celebrate
" International Yoga Day "

Date: 21.06.2023 Time: 11.00 AM
Venue: Dr. J.K.K. Angappa Chettiar Memorial Auditorium

Special Address by
K.Rajeshwari
Professor, Vethathiri SKY Yoga

In the Honourable Presence of
Shri. J.K.A.KUMARARAJAH, Correspondent & Secretary
Salem Sowdeswari College (for Women), Salem-10.
Smt. A.KANNAMMAL, Chairman & Executive Trustee
Salem Sowdeswari College (for Women), Salem-10.

Felicitation by
Prof. V.BALAJI, Principal
Salem Sowdeswari College (for Women), Salem-10.



SALEM SOWDESWARI COLLEGE (FOR WOMEN)

SALEM - 636010

YOGA CLUB 2023-2024

FACULTY RESPONSIBILITIES

S. No.	Name of the Faculty	Work done by the Faculty Members
1	Dr. C. Sengottuvel	Invitation preparation, Welcome Address
2	Dr. P. Uma Swarupa	Report Preparation
3	Mr. S. Kumar	Chief Guest Arrangement, Overall Coordination
4	Mr. Thirunavukarasu	Overall discipline, Hall Arrangements

AGENDA

	Tamil Thaa Vazhthu
Welcome Address	Dr. C. Sengottuvel, Assistant Professor of Commerce, Salem Sowdeswari College, Salem
Felicitation Address	Prof. Dr. V. Balaji, Principal and Head of the Department of Commerce, Salem Sowdeswari College, Salem
Special Address	K. Rajeshwari, Professor, Vethathiri SKY Yoga
	National Anthem

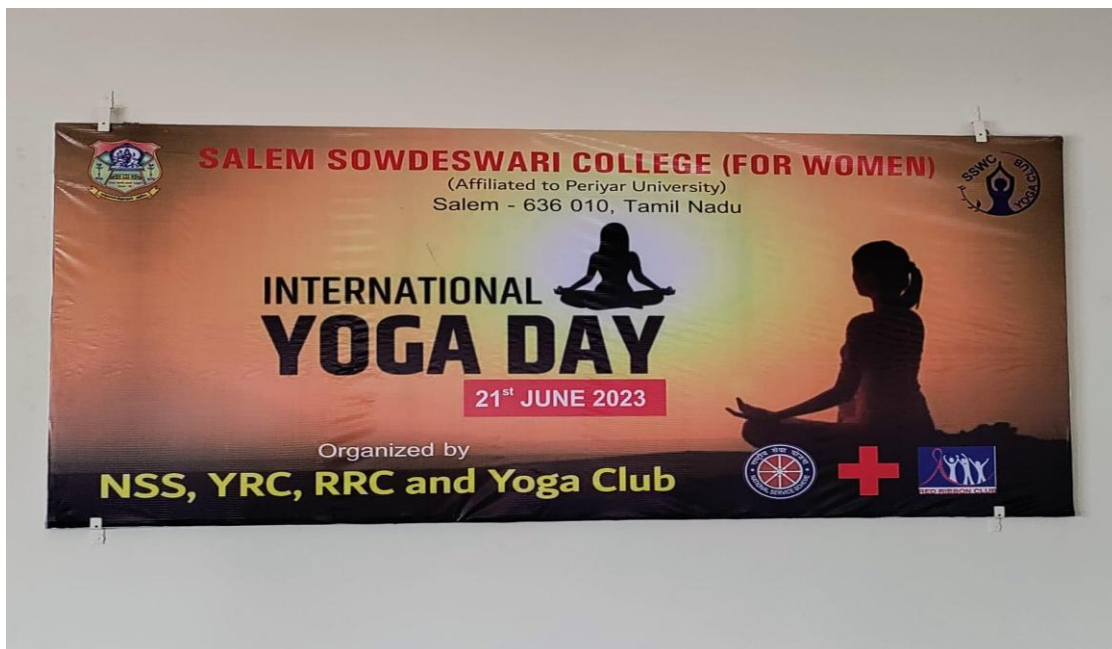
On this propitious day, the Yoga Club, in association with NSS, YRC, and RRC of Salem Sowdeswari College (For Women) celebrated International Yoga Day. Around 200 students participated in the program. The resource person, K. Rajeshwari, Professor of Vethathiri SKY Yoga, had been invited to deliver a special lecture on the benefits of doing Yoga and Meditation for the improvement of women's health.



SALEM SOWDESWARI COLLEGE (FOR WOMEN)

SALEM - 636010

YOGA CLUB 2023-2024



The event was coordinated by Dr. C. Sengottuvel, Assistant Professor, PG & Research Department of Commerce. The program began with the Tamizh Thaai Vazhthu



SALEM SOWDESWARI COLLEGE (FOR WOMEN)

SALEM - 636010

YOGA CLUB 2023-2024

followed by the welcome address given by Dr. C. Sengottuvel, Assistant Professor, PG & Research Department of Commerce.



The Felicitation Address was delivered on the importance of doing Yoga in day-to-day life for physical fitness by **Prof. Dr. V. BALAJI**, Principal, Salem Sowdeswari College (for Women).



GPS Map Camera

Salem, Tamil Nadu, India

J4MJ+P27, P M P Nagar, Kondalampatti, Salem, Tamil Nadu
636002, India

Lat 11.634425°

Long 78.129812°

21/06/23 11:18 AM

Note : Dr. P. Dinesh (Photography) Salem Sowdeswari College



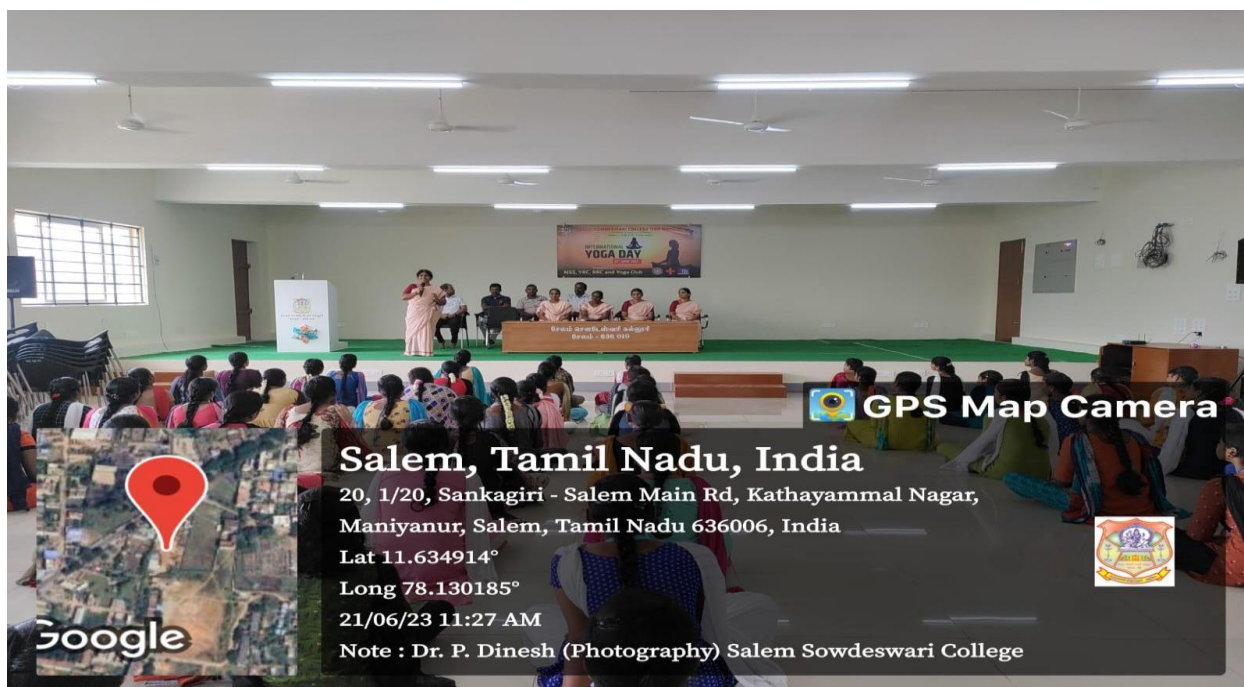
SALEM SOWDESWARI COLLEGE (FOR WOMEN)

SALEM - 636010

YOGA CLUB 2023-2024



The session was handed over to the Resource Person, **Prof. K. Rajeshwari**. She addressed the participants about the benefits of performing Yoga and Meditation in daily life with respect to women's health as well as their education.



GPS Map Camera

Salem, Tamil Nadu, India

20, 1/20, Sankagiri - Salem Main Rd, Kathayammal Nagar,
Maniyanur, Salem, Tamil Nadu 636006, India

Lat 11.634914°

Long 78.130185°

21/06/23 11:27 AM

Note : Dr. P. Dinesh (Photography) Salem Sowdeswari College

Google



SALEM SOWDESWARI COLLEGE (FOR WOMEN)

SALEM - 636010

YOGA CLUB 2023-2024



During the session, the resource person practically demonstrated various Asanas and made the participants do such Asanas for 45 minutes. The participants enjoyed the session by doing various Asanas. Thus, the session was very useful, beneficial, and practical for all the participants.





SALEM SOWDESWARI COLLEGE (FOR WOMEN)

SALEM - 636010

YOGA CLUB 2023-2024



The session was followed by a question-and-answer session as well as a feedback session where the students actively interacted with the resource person and clarified their doubts with respect to Asanas and their health issues. The program ended with the National Anthem.



SALEM SOWDESWARI COLLEGE (FOR WOMEN)

SALEM - 636010

YOGA CLUB 2023-2024

EVENT No. 2: Kayakalpa Yoga

DATE: 20.02.2024

Venue: Dr. J.K.K. Angappa Chettiar Memorial Auditorium



சேலம் செளடேஸ்வரி கல்லூரி(மகளிர்)
சேலம்-636 010



யோகா அமைப்பு

மற்றும்

உலக சமுதாய சேவா சங்கம், சேலம் மண்டலம்

இணைந்து நடத்தும்

நலமுடன் வாழ...

காயகல்ப பயிற்சி



Date: 20.02.2024

Time: 10:30 am

Venue: Dr. J.K.K. Angappa Chettiar Memorial Auditorium

நடத்துபவர்

முதுநிலை பேராசிரியர். உழவன் மா.
தங்கவேலு உலக சமுதாய சேவா சங்கத்
துணைத் தலைவர்,
ஆழியார் விரிவாக்க இயக்குனர்,
சேலம் மண்டல தலைவர்.



SALEM SOWDESWARI COLLEGE (FOR WOMEN)

SALEM - 636010

YOGA CLUB 2023-2024

FACULTY RESPONSIBILITIES

S. No.	Name of the Faculty	Work done by the Faculty Members
1	Dr.C.Sengottuvel	Invitation & Banner preparation, Auditorium arrangements, Students and seating arrangements, Resource Person arrangement and Overall coordination
2	Dr.P.Uma Swarupa	Reception arrangements, Invitation distribution, MC Preparation, Vote of Thanks, Report Preparation
3	Mr.S.Kumar	Invitation Preparation, Banner Preparation & Circular
4	Mr.Thirunavukarasu	Overall discipline, Audio arrangements, Photography of the entire event

AGENDA

	Tamil Thaa Vazhthu
Welcome Address	Dr.C.Sengottuvel, Assistant Professor of Commerce, Salem Sowdeswari College (For Women), Salem
Felicitations Address	Dr.T. Poongodi, Principal In-Charge, (Aided) Mr. S. Kumar, Faculty In-Charge, (SFCW) Salem Sowdeswari College (For Women), Salem



SALEM SOWDESWARI COLLEGE (FOR WOMEN)

SALEM - 636010

YOGA CLUB 2023-2024

Chief Guest Introduction	Dr.P.Uma Swarupa, Assistant Professor of Commerce, Salem Sowdeswari College (For Women), Salem
Special Address	Uzhavan.M.Thangavelu, Senior Professor, Vice President of World Community Service Centre and Director - Azhiyar Extension Centre
Vote of Thanks	Dr.P.Uma Swarupa, Assistant Professor of Commerce, Salem Sowdeswari College (For Women), Salem
	National Anthem

On this auspicious day (20.02.2024), the YOGA CLUB has arranged a Kayakalpa Yoga at Salem Sowdeswari College (For Women), Salem-10 for girl students and women faculty members. Around 150 girl students and four faculty members had participated in the programme.

The resource person Uzhavan.M.Thangavelu, Senior Professor, Vice President of World Community Service Centre and Extension Director was invited to give a special lecture on Kaya Kalpa Yoga. The event was coordinated by Dr.C.Sengottuvel, Assistant Professor, PG & Research Department of Commerce.



SALEM SOWDESWARI COLLEGE (FOR WOMEN)

SALEM - 636010

YOGA CLUB 2023-2024



The programme began with the Tamizh Thaa Vazhthu followed by the welcome address given by Dr.C.Sengottuvel, Assistant Professor, PG & Research Department of Commerce.

The resource person was honoured with a small memento by Dr.C.Sengottuvel, Assistant Professor, PG & Research Department of Commerce.



SALEM SOWDESWARI COLLEGE (FOR WOMEN)

SALEM - 636010

YOGA CLUB 2023-2024



The session was handed over to the Resource Person, Senior Professor Uzhavan. M.Thangavelu. He addressed the participants about Kaya Kalpa Yoga and its importance in their day-to-day life for physical as well as their mental fitness. During the session, the resource person explained how to restructure the body in a natural way and how Kaya Kalpa Yoga helps cure and prevent diseases.



SALEM SOWDESWARI COLLEGE (FOR WOMEN)

SALEM - 636010

YOGA CLUB 2023-2024



Further, he demonstrated the participants the way to do Kaya Kalpa Yoga with their team members. Moreover, the resource person highlighted how we could maintain youthfulness and physical health by doing Kaya Kalpa Yoga, how to slow down our ageing process and how Kaya Kalpa Yoga activates the brain cells to its fullest functional levels and increases memory power and grasping ability as well. Thus, the session was highly useful and beneficial to all the participants.



SALEM SOWDESWARI COLLEGE (FOR WOMEN)

SALEM - 636010

YOGA CLUB 2023-2024



35/75, Maniyarur, Salem, Tamil
Nadu 636006, India
Lat: 11.6341486
Lon: 78.1313215
Tue Feb 20 13:16:52 GMT+05:3...



35/75, Maniyarur, Salem, Tamil
Nadu 636006, India
Lat: 11.6341486
Lon: 78.1313215
Tue Feb 20 13:19:38 GMT+05:3...

The session was followed by a question-and-answer session as well as the feedback session where the students actively interacted with the resource person and clarified their doubts. The programme was ended with vote of thanks by Dr.P.Uma Swarupa, Assistant Professor, PG & Research Department of Commerce.
